

# Oilers

## Oil City Area High School and Middle School Student Athletic Policies Manual



# Welcome

Welcome to the Oil City Area Senior High School and Middle School Athletic Program, which sponsors nineteen interscholastic sports and football-cheerleading through the Pennsylvania Interscholastic Athletic Association.

All students must start with a PIAA physical examination prior to being able to participate. The physical must be completed on a PIAA CIPPE form. They are available in the two school offices, or online at [www.PIAA.org](http://www.PIAA.org). Click on Forms, then CIPPE. All student-athletes must also carry health insurance in order to participate.

At Oil City, we still conduct **FREE** physicals in June, November, and February. Only ONE physical is required to participate in all three sports seasons, provided the student can complete the recertification process prior to the next season.

Our free physicals are conducted by Dr. David Andres, his physician assistant, and his nurse practitioner. If your child misses the free physical, they may be obtained at UPMC Urgent-Care at the Pennwood Building near Franklin. They are open 9 a.m. to 9 p.m.. No appointment is necessary, and they are usually \$30.00.

Parents are a very important part of our program, and can help greatly by giving constant and positive encouragement, **while allowing the players to play, the coaches to coach, and the referees to officiate!** Let's realize that the TEAM goals are the most important, and individual aspirations are a distant second.

Please support our efforts by attending the events on a regular basis, and please realize that we are conducting "games". Putting them in the proper perspective while appropriately representing our school, increases the enjoyment for all involved.

When you wear blue and white, we assume that you not only understand our tradition, but are willing to accept the responsibilities that go along with it. These responsibilities include:

1. **Responsibility to Yourself:** The most important of these responsibilities is to broaden and develop strength of character. You owe it to yourself to derive the greatest benefit from your high school experiences. Your academic studies, participation in school activities as well as participation in sports, prepare you for your life as an adult.
2. **Responsibility to Oil City Area School District:** Oil City cannot maintain its position as having an outstanding school unless each and every student and parent represents themselves with honor and dignity. By competing in athletics, you have the power to represent your school in a positive manner by demonstrating good sportsmanship while maintaining a strong desire to win.
3. **Responsibility to Others:** Younger students in Oil City are watching you. They will copy you in many ways. Do not do anything to lead them astray or to let them down. Whether you realize it or not, you are one of the most influential people on the youth of our community.

**IF YOU HAVE A CONCERN, PLEASE FOLLOW THE CHAIN OF COMMUNICATIONS.**

Thanks for your continued support and we hope to see you at the games!

Amy Highfield, Athletic Director & Athletic Administrator [oilcityad@mail.ocasd.org](mailto:oilcityad@mail.ocasd.org)

# Table of Contents

Philosophy & Objectives	.....	3
Athletic Offerings	.....	5
Code of Ethics	.....	6
Player Eligibility	.....	7
Athletic Policies and Procedures	.....	13
Drug and Alcohol Policies	.....	14
Social Media Guidelines	.....	16
Athlete Awards and Recognition	.....	17
Sports Medicine	.....	18
Procedures to address Parental concerns	.....	20
Collegiate Athletic Options	.....	21
Student Athlete Responsibilities	.....	25
Student Signature Page	.....	26

# Oil City Area School District

## Interscholastic Athletics

### Athletic Department Overview

#### PHILOSOPHY

The Board recognizes that a program of interscholastic athletics is an integral part of the total school experience and is of value to all students and to the Oil City Area Community because it fosters the growth of school loyalty within the student body as a whole and stimulates community interest (Board Policy #123).

For purposes of these policies and regulations, the program of interscholastic athletics shall include all activities relating to competitive sports contests, games, or events or exhibitions involving individual students or teams, when such events occur between separate schools within this district, or with any schools outside the district, (Board Policy #123).

Board of Directors shall set policy with regards to the conducting of the athletic program within the Oil City Area School District and will make all such decisions as required by law of the Board of School Directors.

#### OBJECTIVES:

1. Participation should promote friendly rivalry, create new friendships, improve playing skills, promote good sportsmanship and citizenship, encourage fair play and teamwork, and improve community relations.
2. The athletic program should be broad rather than narrow in its scope. It should include as many activities as possible in order to be of interest AND to benefit more students.
3. The school policy should be well defined to assure that athletes and the athletics program will not expect special privileges.
4. To promote the realization that athletic competition is a privilege and carries definite responsibilities with it.
5. To provide participants with an opportunity to learn that violation of a rule of the game brings a penalty and that his sequence often follows in the "game of life".

The Oil City Area School District is an equal opportunity institution, and does not discriminate on the basis of sex, race, national or ethnic origin, age or handicap in any of its activities, programs, or employment practices by Title VI, Title VII, Title IX, ADA and Section 504. For more information, contact Dr. Lynda Weller, Superintendent of Schools, at 825 Grandview Road or by calling 814-676-1867.



## OBJECTIVES OF SPORTS

1. To enjoy the time spent playing and preparing for competition.
2. To strive to accomplish team & individual goals.
3. To understand the rules of the game essential to playing and being intelligent spectators.
4. To think and act as an individual and as a member of the group.
5. To improve motor skills.
6. To develop better health and physical fitness.
7. To create a desire to succeed and to excel.
8. To improve moral and ethical standards.
9. To practice self-discipline and emotional maturity.
10. To be socially competent and to realize the value of rules.
11. To show respect for the rights of others and for authority.
12. To learn high ideals of fairness in all human relationships.
13. To learn to practice proper decision making under pressure.
14. To place the good of a team before the glory of an individual.



# **ATHLETIC OFFERINGS**

## ***HIGH SCHOOL SPORTS***

### **FALL SPORTS:**

Boys - Cross Country, Soccer, Golf, Football

Girls - Cross Country, Soccer, Tennis (HS Only), Volleyball, Cheerleading, Golf

### **WINTER SPORTS:**

Boys - Basketball, Swimming (HS Only), Wrestling (Co-op with Cranberry) Girls -

Basketball, Swimming (HS Only), Cheerleading, Competitive Cheer

### **SPRING SPORTS:**

Boys - Baseball, Tennis (HS Only), & Track & Field

Girls - Softball, and Track & Field

## ***JUNIOR HIGH SPORTS***

### **FALL SPORTS:**

Boys - Cross Country, Golf, Football

Girls - Cross Country, Basketball, Cheerleading, Golf

### **WINTER SPORTS**

Boys - Basketball, Wrestling (Co-op with Cranberry)

Girls - Competitive Cheer

### **SPRING SPORTS:**

Boys - Track & Field

Girls - Track & Field

## CODE OF ETHICS

According to the PIAA Constitution and By-Laws, the following is the Athletic Courtesy By-Law that every school, student athlete, coach, official, athletic director, principal, and fan must abide by to ensure a strong Code of Ethics is maintained.

Athletics should foster clean sports. It is the privilege and duty of every person connected with athletics to exemplify these principles in that person's own actions and earnestly advocate them before others.

1. The rules of the game are to be regarded as mutual agreements, the spirit or letter of which no honorable person would break. The stealing of advantage on sport is theft.
2. No advantages are to be sought over others except those in which the game is understood to show superiority.
3. Unsportsmanlike or unfair means are not to be used, even when they are used by opponents.
4. Visiting teams are to be honored guests of the home team and should be treated as such.
5. No action is to be taken nor course of conduct pursued which would seem unsportsmanlike or dishonorable if known to one's opponent or the public.
6. Remember that the student spectator represents his school the same, as does the athlete at all home and away contests.
7. Any spectator who continually evidences poor sportsmanship should be requested not to attend future contests.
8. Decisions of officials are to be abided by, even when they seem unfair.
9. Officers and opponents are to be regarded and treated as honest in intention. In games when opponents conduct themselves in an unbecoming manner, and when officers are manifestly dishonest or incompetent, future relationships with them should be avoided.
10. Good points in others should be appreciated and suitable recognition given.
11. The practice of "booing" is regarded as discourteous and unsportsmanlike.

# PLAYER ELIGIBILITY

## Physical Examinations

Requirement: The Oil City Area School District must follow the guidelines set forth by the Pennsylvania Interscholastic Athletic Association (P.I.A.A.) in requiring that all athletes participating in interscholastic athletic competition have a pre-participation physical examination. **This exam must occur no earlier than June 1st for all sports in the upcoming school year.** The health and well-being of every student is our top priority. It is also important that our students learn responsibility and the ability to set priorities.

1. Students must obtain the PROPER forms from their coach, through the Athletic Office or online via the school website. **No other forms will be accepted.**
2. Completed physical forms are to be turned in to the coach, athletic trainer or athletic office prior to the first designated practice.
3. **If completed physical forms are not received, the student will NOT be allowed to practice or participate in that sport until all paperwork is received. NO EXCEPTIONS.**

Students will have to do one of two things PRIOR to the first day of practice/tryouts in order to satisfy the physical requirement:

1 – IF the student has NOT had a physical AFTER June 1 of the new school year, they will need to have a complete examination and fill out the entire packet. See “PIAA PHYSICAL PACKET” under the FORMS section on the athletic website.

2 – IF the student had a physical to participate during the fall or winter season of the current school year, they will only need to fill out the Section 7 of the PIAA PHYSICAL, which is labeled Re-Certification by Parent/Guardian. This form is also available in the Athletic Office or on the Athletic website under the FORMS section.

The ultimate responsibility for obtaining a physical exam and becoming eligible to participate in a sport will be up to the individual family.

## Academics

In order to be eligible for interscholastic athletic competition, a pupil must pursue a curriculum defined and approved by the principal as a full-time curriculum. Where required, this curriculum or its equivalent must be approved by, and conform to, the regulations of the State Board of Education and the Pennsylvania School Code, as well as any local policies established by the local school board. Students must be passing at least four full-credit 11 subjects, or the



equivalent, as of each Friday during a grading period. If students fail to meet this requirement, they will lose their eligibility the immediate Sunday through the following Saturday. To keep academics a priority, if a student is ineligible due to not meeting the academic requirements for 4 consecutive weeks during their sports season, said student will lose their privilege of participation and will be removed from the roster and all team functions.

In addition students must have passed at least four full-credit subjects or the equivalent during the previous semester. Students failing to meet this requirement will lose their eligibility for 15 school days of the following semester, beginning on the first day that report cards are issued.

At the end of the school year, the student's final credits for the entire year shall be used to determine his/her eligibility for the fall season of the following school year.

## **Age**

**Maximum Age Rule:** A student may not have reached the 19th birthday by June 30 immediately preceding the school year, (or the 15th birthday where interscholastic competition is limited to grades 7 and 8 or 16th birthday where competition is limited to grades 7 through 9) in order to be eligible to compete the following school year.

**How to Determine Age:** In determining the age of a pupil, the date of birth (as recorded in the State Bureau of Vital Statistics) shall be considered as conclusive if filed in a State Bureau of Vital Statistics within one year after the date of birth. If a birth record from a State Bureau of Vital Statistics is not available, proof of a pupil's age may be determined by requiring the submission of a birth certificate which was issued within one year after birth; or in lieu of a birth certificate, a passport with the date of birth recorded thereon; or in lieu of a passport, an affidavit by the parents or legal guardian, filed not later than one year after the pupil's admission to the first grade of an elementary school. In the event of the non-existence of any of these records of evidence, the earliest date of birth as recorded in the records of the school or schools attended by the pupil shall be considered the date of birth.

## Attendance

1. All student-athletes must be enrolled and in full-time attendance in the Oil City Area School District, or enrolled full-time in cyber, charter, or alternative school, or enrolled in another school participating in a PIAA approved cooperative sport agreement with Oil City.
2. A student team member, or cheerleader, who is absent from school the day of a game, or arrives to school after 9:00 a.m., may not participate that afternoon or evening. An exception may be made by a school administrator for extenuating circumstances.
3. College visitations, funerals, and other extenuating circumstances will be dealt with on an individual basis.
4. Students who are absent the school day following participation in a game Monday - Thursday must present a legal excuse upon returning to school in order to be eligible to participate in the next scheduled event.
5. The Attendance Office will determine the legality of all excuses.
6. Student-athletes that have FIVE (5) or more unexcused / unverified absences and/or tardies per season, or a total of TWENTY (20) or more in the school year are not permitted to participate in athletics for that school year. A tardy is considered an arrival to school after 7:40 a.m.
7. If an athlete is absent twenty (20) days in a semester; he/she is ineligible to participate until he/she is in school for forty-five (45) days following his/her 20th day of absence (Article III, Section 3, PIAA Handbook). Arrival to school after 10:00 a.m. is considered a half-day of absence, all of which accumulate toward the PIAA 20 days-of-absence rule. See PIAA Handbook for additional rules.



## **Amateur Status**

Student athletes must be amateurs in order to participate in any PIAA sponsored contest. An amateur student is one who engages in athletic competition solely for the educational, physical, mental, social and pleasure benefits derived thereof. At the time of printing this Handbook, a loss of amateur status occurs when:

1. The student or student's parent receives compensation for related athletic ability, participation, performance, services, or training in a sport.
2. The student plays on a professional team or as an individual professional athlete in that sport.
3. The student signs a contract whereby the student agrees to compete in any athletic competition for consideration.
4. The student sells or pawns the student's athletic achievement awards. It should be noted that the PIAA determines amateur status and the criteria for amateur status may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

## **Period of Participation**

At the time of the printing of this Handbook, the period of participation is limited to students who have not:

1. Been in attendance more than 8 semesters beyond the 8th grade; except in cases of long, confining illness or injury which necessitates repeating a grade. To waive the 8-semester limitation, providing all other eligibility requirements are met; requires approval by the PIAA Board of Directors.
2. Played four seasons beyond the 8th grade in any one form of interscholastic athletics; or
3. Completed the work of grades 9, 10, 11, 12 (inclusive).
4. NOTE: A pupil is considered as representing his school during a particular season or sport only if he has participated in a game or interscholastic scrimmage or any part of a game or interscholastic scrimmage. A pupil who enters school in the second semester and plays two partial seasons in the same sport in separate school years shall be considered as playing the equivalent of one season. The period of participation may change from time to time as dictated by the PIAA and if a question arises, the PIAA should be contacted directly.

## **All-Star Contests**

It should be noted that the PIAA determines whether a student athlete loses athletic eligibility for participating in an all-star contest in that sport. The criteria for athletic eligibility may change from time to time as dictated by the PIAA and if a question arises, PIAA should be contacted directly.

You will lose your athletic eligibility in the respective sport for a period of one year if you participate in an all-star contest in that sport. You will also lose one year of eligibility if you participate in a contest to qualify for and/or determine a single national high school/interscholastic individual championship. Please contact the Athletic Director to determine if the competition in question falls under this rule.

## **Foreign Exchange Students**

Foreign Exchange Students must fill out a PIAA Foreign Exchange Student Eligibility Agreement. The student-athlete is not able to participate in practices or contests until granted approval by the District 10 committee.

## **Outstanding Debts (Lost Equipment/Uniforms)**

Student-athletes are responsible for the care of Oil City Area School District athletic equipment that has been issued to them prior to and during the season. At the end of the season, student-athletes are to promptly clean and return all equipment.

1. A student-athlete will be placed on the Ineligible List (see Academic) if he/she has not returned all Oil City Athletic Department equipment and/or uniforms that were issued to him/her during the previous sports season. Report cards and/or diplomas could also be withheld, and the district magistrate contacted.
2. A Lost Equipment form will be filled out by the head coach and given to the athletic director. A copy will be given to the (1) principal, (2) student, and (3) parent/guardian.

## **Period of time after eighth grade, participation limits, and grade repetition**

1. A student athlete will lose his/her eligibility when he/she has reached the end of his/her fourth consecutive year beyond the eighth grade. If a student athlete repeated a grade after eight, he/she will be ineligible as a senior.
2. A student athlete may participate in a maximum of six seasons in each sport during grades seven through twelve, a maximum of four seasons in each sport during grades

nine through twelve, and a maximum of three seasons in each sport during grades seven through nine.

3. A student athlete may participate in only one season in each sport during each school year.

## **Super Frosh**

If a 9th grade student is going to be moved up to the Varsity/Junior Varsity level, it must be done during preseason practice.

1. No athlete can move up once the regular season games begin.
2. Freshmen, with written approval from their principal, are allowed to participate in up to two (2) Varsity/Junior Varsity scrimmages without playing the regular season on the Varsity/Junior level.
3. The option to compete at the Varsity/Junior High level is exercised when the students participates in a regular season game.

## **Transfer Students**

Student athletes are treated as having transferred whenever they change schools, even if he/she is out of school for a period of time before entering the new school. If he/she transfers from one school district to another they are eligible immediately at his/her new school, as long as:

1. He/she lives with their natural or adoptive parents in the new school district.
2. He/she lives with a court-appointed legal guardian in the new school district, upon approval by the District Committee.

Transfer students that may not be declared eligible immediately through provisions provided under Article VI, Sections 3 through 7, must have their eligibility determined by the District Committee upon proper submission of the "Transfer Waiver Request Form" (PIAA Handbook).

If a student athlete transfers from one school to another in whole or in part for any athletic purpose, or if he/she is recruited, he/she will lose their athletic eligibility in all sports for one year.

This requirement applies even if he/she would otherwise be eligible at the school to which he/she transferred. Most student athletes who are not eligible immediately will be ineligible for one year from the date of transfer in each sport in which they participated within one year preceding the date of transfer.

## **ATHLETIC POLICIES AND PROCEDURES**

Activity Fees are currently \$20.00 per student per sport. Activity fees must be paid by the student athlete prior to the first regularly scheduled contest. Any student athlete that has not paid on time will be able to participate in practice, but not contests.

### **SCHOOL CANCELLATIONS**

There will be NO practices on school cancellation days at any location or sporting events of any kind.

### **TRANSPORTATION POLICIES**

1. The student-athlete must be transported by a licensed and insured driver approved by the Oil City Area School District
2. Transportation to camps must be provided by coaches or parents and not other student-athletes.
3. The student-athlete should always return to the destination of departure. Do not let student-athletes out at other points unless an exception is granted. Such an exception requires the coach's permission and WRITTEN permission from the student-athlete's parent/guardian. The exception will be due to the lateness of the hour when returning from some activity, and, if the carrier passes near a student-athlete's home. Coaches are to use discretion in granting such exceptions and stops should be kept to a minimum.
4. The Oil City Area School District discourages letting students go home with parents/guardians. If a student must go home with a parent or guardian, the parent/guardian must put the request in writing and sign it. Only parents/guardians may transport their child, and must be seen by the coach. They cannot transport another student-athlete, unless that student-athlete is with his/her parents or guardians.
5. Under NO CIRCUMSTANCES should a student go home from an away contest with another student or any person other than their parents or guardians.

# **DRUG & ALCOHOL POLICIES**

## **Substance Use & Abuse - DRUGS and ALCOHOL**

The unauthorized use and/or possession of drugs, alcohol, or any controlled substance are prohibited. Should the District find a student-athlete in violation of this policy, he/she will be subject to the sanctions listed below:

- First Offense - The student-athlete may be suspended for a number of events or for the remainder of the activity. The student-athlete will be referred to the SAP team and must satisfactorily comply with all the team recommendations.
- Second Offense - The student-athlete will be suspended from all activities for the remainder of the school year. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.
- Third Offense - The student-athlete will be suspended from all activities for the remainder of his/her school career. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations:

NOTE: All of the above offenses accumulate from year to year during a student athlete's school career.

## **Substance Use & Abuse - TOBACCO**

The use and/or possession of tobacco is prohibited. Should the District find a student-athlete in violation of this policy, heshe will be subject to the sanctions listed below:

- First Offense - The student-athlete may be suspended for a number of events or for the remainder of the activity. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.
- Second Offense - The student-athlete will be suspended from all activities for the remainder of the school year. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.
- Third Offense - The student-athlete will be suspended from all activities for the remainder of his/her school career. The student athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.

NOTE: These offenses shall not accumulate from year to year. The student-athlete will begin each year with zero offenses.

## **Steroids/Illegal Performance Enhancers**

The use and/or possession of steroids and/or illegal performance enhancers is prohibited. Should the District find a student-athlete in violation of this policy, he/she will be subject to the sanctions listed below:

- First Offense - The student-athlete may be suspended for a number of events or for the remainder of the activity. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.
- Second Offense - The student-athlete will be suspended from all activities for the remainder of the school year. The student-athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.
- Third Offense - The student-athlete will be suspended from all activities for the remainder of his/her school career. The student athlete will be referred to the SAP Team and must satisfactorily comply with all the team recommendations.

NOTE: All of the above offenses accumulate from year to year during a student-athlete's school career.





## Social Media Guidelines for Student-Athletes

The following guidelines are intended to provide the framework for student-athletes to conduct themselves safely and responsibly in an online environment. As a student athlete at Oil City, you should:

1. Be careful how much and what kind of identifying information you post to online social network sites. Anyone can access your page.
2. Be aware that Oil City employees, including coaches, faculty, and administrators, can access these sites just as easily as your peers. Colleges, current and future employers often access online social network sites for information. Many graduate programs and scholarship committees search these sites to screen applications. You should think about any information you post on Social Media as it provides an image of you to a prospective employer. The information posted is considered public information. Protect yourself by maintaining a self-image of which you can be proud.
3. Do not have a false sense of security about your rights to freedom of speech. Understand that freedom of speech is not unlimited. Inappropriate postings on social network sites may easily result in serious repercussions.
4. Be cautious about what you share about your team. You may not post information about yourself, your teammates or your coaches that will put you or your team at a competitive disadvantage, including but not limited to injury reports, game plans and strategy. Anything derogatory or demeaning towards your team or a player is grounds for suspension.
5. Be aware that you are personally liable for any violations of other students' privacy rights, including violation of rights protected by state and federal privacy laws.
6. Understand that malicious use of online networks, including derogatory language or comments about any person, demeaning statements about, or threats to any third party, incriminating photographs or statements that depict private behavior, hazing, sexual harassment, vandalism, stalking, underage drinking, illegal drug use, or other inappropriate behavior will be subject to investigation and possible sanctions by the police.
7. Individual athletic teams may have a more restrictive social networking policy. You are responsible to be aware of your teams' policy and are subject to its guidelines.

## Athlete Awards and Recognition

**Varsity Athletic Letter and Certificate** - Students in grades 9-12 are eligible to receive a varsity athletic letter and certificate. The athletic letter requirements vary among each particular sport/activity.

**Junior Varsity Athletic Certificate** - Students in grades 9-12 are eligible to receive a junior varsity athletic certificate. The athletic certificate is awarded upon successful participation and completion of the season.

**Junior High Letter** - Students in grades 7-9 are eligible for a Junior High Certificate. The Junior High Certificate is awarded upon successful participation and completion of the season.

**3 year Athletic Letter Plaque** - Students who have obtained a varsity athletic letter in the same sport for three seasons will be awarded a 3-year Athletic Letter plaque.

**4 year Athletic Letter Plaque** - Students who have obtained a varsity athletic letter in the same sport for four seasons will be awarded a 4-year Athletic Letter plaque. Scholar Athlete Award Students in grade 12 are eligible to receive a scholar athlete award.

The scholar athlete program requirements are listed below:

1. Successfully complete a minimum of one varsity athletic season during the senior school year.
2. Earn a grade point average of 90.00% or higher, as of the end of the third nine weeks, during the senior school year.



## **Sports Medicine**

The Oil City Area School District provides an athletic trainer, who is certified by the National Athletic Trainers Association. This individual is responsible for the prevention, treatment, rehabilitation of student athlete medical injuries and illnesses. The athletic trainer is also available for education, counseling, and making referrals regarding the health and well-being of student athletes. The athletic trainer is responsible for treating the following participants directly involved in an athletic contest or practice: students athletes, all coaches, and PIAA officials. Treatment of any other individual in an emergency situation is offered as a good Samaritan only.

We are very fortunate to have the services of our certified athletic trainer, Mel Wenmoth. Mel graduated from Marshall University and has a Masters Degree in education from Temple University. He attends all home events and all varsity football away events. Please have your child report all injuries to him.

**You may reach Mel Wenmoth at [mwenmoth@mail.ocasd.org](mailto:mwenmoth@mail.ocasd.org)**

### Concussions (ImPACT Program)

1. The Oil City Area School District uses the ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) Program, which is a sophisticated computerized test to accurately assess and detect sports-related concussions.
2. Developed by concussions experts in collaboration with the Henry Ford Health System and Michigan State University, ImPACT enables doctors to establish baseline data of each student-athlete's neurocognitive state: brain processing speed, memory, and visual motor skill. IF an athlete experiences concussion symptoms during a season, he or she is retested and the post-concussion data is compared against the original data. When the athlete's brain functions return to normal, he or she is then allowed to resume the activity after a physician's clearance is obtained.

## **Parents' Guide for Head Injuries**

The following is informational only and parents should contact a doctor for specific direction and not rely solely on the information contained in the guide.

Any head, face, neck or jaw injury has the potential to become dangerous if not treated properly. The danger may not appear immediately so the first 24 hours is vital to determine possible severity. The following is offered to help guide parents during the time after their child's head

injury. These guidelines are not meant as, and should not be used as substitutes for competent medical care.

1. Awaken the athlete every two hours to check for these symptoms and his/her general mental clarity.
2. Administer NO medication during the first 24 hours, including aspirin, Tylenol or Advil unless they are prescribed by a physician.
3. Allow only clear fluids, avoid excessive eating or drinking
4. If any of the following occur, seek medical assistance immediately:
  - a. Severe or increasing headaches
  - b. Dizziness
  - c. Inability to arouse or awaken the athlete
  - d. Pupils of unequal size
  - e. Nausea or vomiting
  - f. Tingling, numbness or lack of control in arms or legs
  - g. Blurred or double vision
  - h. Mental confusion
  - i. Clear drainage from the ears or nose
  - j. Breathing difficulties

The Oil City Area School District has a Brain Steps team within our school district for all of our students and we will follow the guidelines provided in our training. Refer to <https://www.brainsteps.net> for more information.



## **Procedure for Addressing Parental Concerns**

The Pennsylvania State Athletic Directors Association, in partnership with District 10, is very concerned with parents who try to assert influence over their child's team, players or coaches for purely self-serving reasons. However, we also realize that there needs to be an adult process for addressing legitimate concerns.

Only parents or players should address concerns or complaints in the following manner:

- Step 1: Head Coach
- Step 2: Athletic Director
- Step 3: Athletic Administrator/Principal
- Step 4: Superintendent of Schools
- Step 5: School Board Directors

## **Appropriate Concerns to Discuss with Coaches**

1. The treatment of your child, mentally, and physically.
2. Ways to help your child improve.
3. Concerns about your child's behavior.

## **Issues NOT Appropriate to Discuss with Coaches**

1. Playing time
2. Team strategy
3. Play calling
4. Other student-athletes

## **Collegiate Athletic Options (Levels of Play)**

### **1. National Collegiate Athletic Association (NCAA)**

NCAA Division 1. This is the highest level of play and they offer the most scholarships. These are the large schools with a large student population.

NCAA Division II. Smaller specialty schools that provide scholarships as well as financial aid grants.

NCAA III. No athletic scholarships but many high school graduates receive academic scholarships, financial aid, grants, and jobs on campus, also known as work-study program.

### **2. National Association of Intercollegiate Athletics (NAIA)**

NAIA can give athletic scholarships as well as other benefits to enable a player to attend school

### **3. National Junior College Athletic Association (NJCAA)**

Financial aid is provided for the cost of tuition and books. If you are not physically or mentally ready to attend a four year college, then a junior college that offers athletic programs may be the answer.

## **Recruiting Tips**

1. Determine if you are good enough to participate at the collegiate level. Build support groups that can give you good sound advice that would consist of your parents, coaches, principals, Athletic Director, and community members that have participated in collegiate sports and have seen you play.
2. Once you have set your goals for collegiate athletics, begin to market yourself. You can only be offered a college scholarship if a college coach or scout has an opportunity to see you play. This is where you need to begin to market yourself to the colleges of your choice.

- a. Go to the guidance office, athletic office, or the Internet and obtain addresses of the colleges that you would be interested in.
  - b. Prepare a letter to send to the college coaches.
  - c. Prepare a resume of your career.
  - d. Prepare a highlight game tape to send with the resume (be sure to label your game tape with the appropriate information - name, address, school name, etc.)
3. Send the information before your senior season.
4. The majority of colleges will send you a questionnaire; complete it and return it to the colleges immediately.
5. If you are an outstanding student, you will have opportunities to obtain athletic and academic scholarships. Many of the top academic universities have stringent minimum academic entrance requirements where many athletes cannot qualify. Talk with your guidance counselor/coach to obtain the names of academic universities in which you may obtain an athletic scholarship. This is a great opportunity if you are an outstanding student.
6. It is suggested that you attend a summer camp to increase your chances of being noticed. You will have the opportunity to perform in front of the college coaching staff for four or five days. Your high school coach or the Athletic Director can help you obtain information about summer camps.
7. If all else fails, you have the opportunity to walk on at the college of your choice and have the chance to earn a college scholarship later. It is very feasible to walk on a team and earn a partial or full scholarship for your remaining years if you become a starter.

**College coaches are looking for all around athletic ability first. They look for coordination, speed, jumping ability, size, and strength. College coaches recognize that superior all-around athletes are usually good at a variety of sports. Just by participating in different sports, you are showing scouts that you have some unique gifts - unique because most young athletes can barely excel at one sport, much less two or three. If you are a standout at two or three sports then you are a special talent.**

### **NCAA Eligibility Center and Guide for College-Bound Student Athletes**

A guide for college bound athletes and their parents may be obtained by logging on to [https://web3.ncaa.org/ecwr3/?DB\\_OEM\\_ID=9600](https://web3.ncaa.org/ecwr3/?DB_OEM_ID=9600) or by calling the Athletic Office for a printed copy.

Find out if you are on track to meet academic eligibility and core-course requirements. See what the graduation rate of the athletic program is and that the athletes in your sport are at the colleges in which you are interested. Ask what academic support services are available and how academic progress is tracked.

**For athletes who receive a scholarship from a Division I university, their initial eligibility will be evaluated under the 16 Core Course Rule:**

4 years of English

3 years of mathematics (Algebra I or higher)

2 years of natural/physical science (one must be a lab science)

1 year of additional science, math, or English

2 years of social studies

4 years of additional core courses (they can be from many listed above or from non doctrinal religion or philosophy or foreign language)

**For athletes who receive a scholarship from a Division II university, they will be evaluated under the 14 Core Course Rule:**

3 years of English

2 years of mathematics (Algebra I or higher)

2 years of natural/physical science

2 years additional science, math, or English

2 years of social studies

3 years of additional core courses (they can be from any listed above or from non doctrinal religion or philosophy or foreign language)

The “sliding scale” used by the NCAA now allows a higher core GPA to reduce the SAT component.

2.5 core GPA will need a 820 SAT score

2.75 core GPA will need a 720 SAT score

3.0 core GPA will only require a 620 SAT score

3.55 core GPA will just need a 400 SAT score



The NCAA has stated that their research now indicates that core class grades were the best indicators of academic success during a student-athlete's freshman year.

### **What do I need to do?**

- Grade 9
  - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- Grade 10
  - Verify with your high school guidance counselor and the online core-course listing to make sure you are on track.
- Grade 11
  - Register with the eligibility center.
  - Make sure you are still on course to meet core-course requirements (verify you have the correct number of core courses and that the core courses are on your high school's 48-H with the eligibility center).
  - After your junior year, have your high school guidance counselor send a copy of your transcript. If you have attended any other high schools, make sure transcript is sent to the eligibility center from each high school.
  - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
  - Begin your amateurism questionnaire.
- Grade 12
  - When taking the ACT or SAT, request test scores to be sent to the eligibility center (the code is "9999").
  - Complete amateurism questionnaire and sign the final authorization signature online on or after April 1 if you are expecting to enroll in college in the fall semester. (f you are expecting to enroll for spring semester, sign the final authorization signature on or after October 1 of the year prior to enrollment.)
  - Have your high school guidance counselor send a final transcript with proof of graduation to the eligibility center.

# Student-Athlete Responsibilities

**I understand that it is MY RESPONSIBILITY to:**

1. Realize that selection to an athletic team is a privilege, not a right,
2. Have personal health care insurance before I may begin practice,
3. Get my PIAA physical exam, or recertification, done and returned on the proper PIAA forms by the nurse's deadline date, and treat the nurses with respect at all times,
4. Find out when all practices and events are to be held and their locations, and to arrive ready to participate at the time instructed by the coach,
5. Attend all practices and games throughout the season,
6. Respect the custodians and other building workers and appreciate our facilities by helping to keep them clean, safe, and sanitary,
7. Notify the coach prior to a game or practice if I am unable to attend due to illness, injury, or other unavoidable reason.
8. Respect and follow the directions of the coach and his/her staff without criticism,
9. Respect my teammates and opponents and treat them as I would like to be treated,
10. Not use any form of social media (text messages, Facebook, Twitter, etc.) to be critical of teammates, coaches, officials, school administrators, opponents, opposing schools, or any other personnel involved in the athletic program, and not implicate myself in any activities banned by the Athletic Policy Manual for the entire year,
11. Respect game officials and accept their decisions whether or not I agree with them,
12. Give my best effort in all practices and scheduled events, represent myself and Oil City Area Senior High School in the best possible manner,
13. Accurately communicate with my parents/guardians as to all events occurring during the season and off-season,
14. Take the best possible care of all equipment, uniforms, and warm-ups given to me during the season, clean them regularly, and promptly return at the end of the year,
15. Pay the \$20 activity fee (cash or check to OCASD) before the first event,
16. Understand that violations of any of the above will result in disciplinary action such as suspensions from events or dismissal from in the handbook,
17. Understand that I will be removed from the team if I accumulate 5 or more tardies, unexcused, unverified absences during the season, or a total of 20 or more for the year,
18. Understand that I will be removed from the team if I put my teammates or coaches in danger by any physical actions or verbal actions that could threaten their safety.

# Oil City High School Athletic Policies Manual

We, the undersigned, have received a copy of the Oil City Area School District handbook entitled Student-Athlete Policies. We agree to abide by the regulations, rules and policies contained in the manual and the student-athlete responsibilities.

_____		_____	
<b>Printed</b> Name of Student-Athlete		<b>Signature</b> of Student-Athlete	
_____		_____	_____
<b>Sport</b> of Participation this season	<b>Grade</b>	<b>Date</b>	

As the above signee's Parent or Guardian, I agree to the best of my ability to see that my son/daughter abides by the previously mentioned rules. I agree to the best of my ability to promote TEAM goals and accomplishments rather than individual pursuits, and I understand that the coach has sole control over all issues, such as playing time, position played, etc.

_____		_____
<b>Signature(s) of Parent(s)Guardian(s)</b>		<b>Date</b>

We, the undersigned, have received, have read, and do understand the Parent/Athlete Concussion Information Sheet provided in the Student-Athlete Policies manual of the Oil City Area School District.

_____		_____
<b>Signature</b> of Student-Athlete		
_____		_____
<b>Signature(s) of Parent(s)Guardian(s)</b>		<b>Date</b>